

PROTECT YOUR HEALTH & OTHERS FROM INFECTIOUS RESPIRATORY DISEASES

What is a respiratory infectious disease?

It's an infection that could affect your ears, nose, throat and lungs. Examples : flu, cold, COVID-19, bronchiolitis, pneumonia.

Most frequent symptoms are:

- Fever
- Cough (new or worse)
- Sore throat
- Runny nose

You may have other symptoms like muscle or joint pain, extreme fatigue, headache.

To prevent getting an infectious respiratory disease, you should keep up your good habits at all times

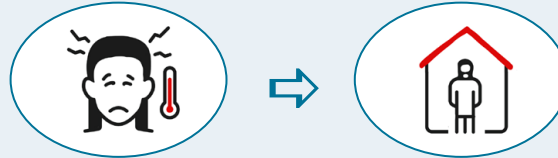


If you are a person vulnerable to infectious respiratory diseases (elders, immunocompromised, chronic health problem, infants, pregnant women): it is recommended you **wear a mask in public places.**

HEALTH ADVICE

What should you do if you become sick?

If you have a fever:
STAY HOME



If you are coughing (or more than usual), you have a sore throat or nasal congestion:

WEAR A MASK



DO A COVID-19 RAPID TEST

as soon as symptoms appear.



If your test is negative, **you could still be contagious with another virus for the next 10 days.**

- ✓ Wear a mask if you need to go to public places
- ✓ Keep your distance from others to avoid spreading



WHAT TO DO

Most people who have a respiratory infectious disease will heal without treatment.

- ✓ Stay home
- ✓ Rest
- ✓ Drink lots of fluids

Are you worried about your health or that of a loved one? You have questions?

» **Call 811**

When should you consult a healthcare professional?

- Pain that increases or persists when breathing
- Fever getting higher or longer than 5 days
- Not feeling better after 7 days of sickness

When should you seek IMMEDIATE MEDICAL HELP?

- Trouble breathing
- Blue lips
- Intense chest pain or intense headache
- Drowsiness
- Confusion, disorientation
- Seizures
- Fever for an infant under 3 months

The information in this document does not replace the advice of a healthcare professional. If you have questions about your health call 811 or call your local nursing station.